




Dialectical Behavior Therapy <i>Diary Card</i>					Date:		How often did you fill out card? ___ daily ___ 2-3 x ___ once		Lying on card: (how many)		 WASHINGTON COUNTY MENTAL HEALTH							
					Initials:		___ in session		0 - low 5 - high									
	URGES				ACTIONS		EMOTIONS						OTHER					
	Self-harm 0 - 5	Suicide 0 - 5	Drugs /alcohol 0 - 5	Use Hosp. 0 - 5	Self-harm (y/n)	Use How much?	Shame 0 - 5	Anger 0 - 5	Fear 0 - 5	Sad 0 - 5	Misery 0 - 5	Joy 0 - 5	Phys. Pain 0 - 5	Willing- Ness 0 - 5				
M																		
T																		
W																		
Th																		
F																		
S																		
S																		
Worked on long term goals: (write what you did)					Apparently unimportant behaviors:													
					Keeping door to problem behaviors open:													
					Notes to self/Comments/Questions:						In Session			Before		After		
											Urges to quit therapy: 0- 5							
Keeping Secrets? (y/n)																		
Belief in "I can stand this" (0 - 5)																		

Dialectical Behavior Therapy									
<i>Core Mindfulness</i>	Access Wise Mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Observe-Describe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	One-thing-in-the-moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Effectiveness	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Non-judgment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Cued Relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
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<i>Interpersonal Effectiveness</i>	Attend to Relationships	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	DEAR MAN	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	GIVE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	FAST	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
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<i>Emotion Regulation</i>	Reduce vulnerability PLEASE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Build MASTERy	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Build Positive Experience	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Act Opposite	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Avoiding avoiding	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
<i>Distress Tolerance</i>	Distract-Wise Mind ACCEPTS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Self-soothe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	IMPROVE the moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Pros and Cons	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Turn the Mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
	Radical Acceptance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
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Dialectical Behavior Therapy		Instructions: Circle the days you worked on each skill							
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Week of:	MON	TUES	WED	THURS	FRI	SAT	SUN
Isolation 0(none) – 5 (high)							
Joy 0(none) – 5 (high)							
Fear 0(none) – 5 (high)							
Anxiety 0(none) – 5 (high)							
Frustration 0(none) – 5 (high)							
Going through the motions 0(none) – 5 (high)							
Suicidal thoughts 0(none) – 5 (high)							
Suicidal Planning 0(none) – 5 (high)							
Just in case behavior 0(none) – 5 (high)							
Suicidal Action 0(none) – 5 (high)							
XXXXX's anger (y/n)							
Willingness 0(none) – 5 (high)							
Take on E-mind thinking (y/n)							
Belief: "My life is worthless" (y/n) Use STOP skill							
Implement Crisis plan? (y/n)							
Hopeless ___ (0 – 100) ___ Hopeful Want to die Want to Live							
Worked on Life Worth Living Goals							
Emotion Mind (y/n)							
Should I call Sue? (y/n)							

